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IAN GOLDING

NOTABLE DEATHS IN MAJOR LEAGUE BASEBALL (1900 TO PRESENT)

"Big Ed" Delahanty (b. October 30, 1867 – d. July 2, 1903) is currently the only player enshrined in the Baseball Hall of Fame who died tumbling down Niagara Falls. Despite career highlights (the fifth highest batting average in history, the only player to win batting titles in both the American and National Leagues, and hitting four inside-the-park homeruns in one game), his death outshines his life's accomplishments. Removed from a train at the Canadian border for drunkenly threatening passengers with a straight razor, he decided to cross the bridge to the United States by foot. "Big Ed" never reached the other side. Seven days later, his battered body, missing clothes and a leg, was pulled from the base of the majestic waterfall.

Keith Alberton (b. November 20, 1982) has a Ferrari and a tattoo on his chest stating "I've got my tongue down karmas[sic] throat" and he is my brother. After breaking fourteen state high school records, he was drafted by the Pittsburgh Pirates on his eighteenth birthday. Though he refused to play until traded, he has since batted above .315 every month except twice (May 2005, July 2008). This season he is fifth in total hits, sixth in most jerseys sold, and in seven days he will be dead.

Michael Riley "Doc" Powers (b. September 22, 1870 – d. April 26, 1909) was both a catcher and a licensed physician. He was behind the plate for the grand opening of his team's new stadium. The bleachers filled, the air buzzing with excitement, as an opponent hit a routine foul ball behind the plate. "Doc" Powers, unfamiliar with the dimensions of the new field, gave chase and promptly collided headlong into the wall. Failing to recover, "Doc" stated that a pregame cheese sandwich had made him ill;

however, this diagnosis was wrong. It was, in fact, extensive internal injury. He was dead within two weeks.

Lauren Alberton (b. August 10, 1958) has been unable to work since breaking her hip and two vertebrae in a bizarre gardening accident. Her personal post-accident record for most consecutive days in bed is thirty four. During her prime, she held three jobs (secretary, newspaper delivery, and house painter) while Keith and I were in grade school. Both children received standard education and enjoyed a relatively comfortable youth, but due to her busy schedule also experienced a household lacking a certain degree of attention and nurturing. Her inability to provide a weekly allowance is often referenced by Keith as proof of her negligence. When asked by reporters why he refuses to help his mother, Keith stated that his "income tax pays for her and a million other leeches every year." While it is true that government assistance paid for Lauren's replacement hip, ambulance transportation, and the anesthesiologist, the bill remains unpaid for three vertebrae surgeries, eight weeks of hospital stay, and extensive rehabilitation. There are bill collectors, threat of bankruptcy, and a lien on her modest home, but as the baseball season nears the All-Star break, Lauren's attention is often on the small black and white television beside her bed, eyes fixed on the son who has not seen her in years.

Dernell Stenson (b. June 17, 1978 – d. November 5, 2003) was the son of a lumberjack, and he played thirty-seven games with the Cincinnati Reds before he was bound, shot three times in the chest and head, and run over with his own vehicle. His ex-girlfriend, who had at times faked both pregnancies and suicides, had texted him "I swear Dernell U R worth a Murder charge 4 & that is all U R worth." Four men were eventually arrested and

found guilty of first-degree murder, kidnapping, armed robbery, auto theft, and hindering prosecution. Charges against one suspect were dropped upon discovering that he was a government informant in witness protection.

Antifreeze (colligative agent) has become the primary method in the automotive industry for not only lowering the freezing point of water, but also increasing the boiling point. Cheap and readily available, it can do more than protect vehicles from the elements. As reported by the U.S. poison center, antifreeze caused more human deaths in 2003 than any other chemical. Due to its sweet taste and emerald color, the liquid is often consumed by children out of curiosity, though the majority of adult cases involve accident or foul play. Upon mixing with any sweetened, colored beverage, antifreeze becomes almost impossible to recognize.

Lyman Wesley Bostock, Jr. (b. November 22, 1950 – d. September 23, 1978) finished twice in the top four for American League batting averages. Upon a rough start to the 1978 season, Lyman attempted to return his April salary, stating he had not earned it. When the team refused, he reviewed thousands of charities to find the most deserving of the money. After a game in Chicago, Lyman visited a woman he tutored as a child. After the meeting, Lyman agreed to give the woman and her friend a ride. While they were stopped at a red light, the estranged husband of one of the women pulled up beside the car, leaned out the window, and fired a .410 caliber shotgun into the vehicle, catching Lyman in the temple. He was killed instantly. The murderer was found not guilty by reason of insanity. Seven months later he was deemed mentally sound and released.

The Kansas City hotel (Hilton, complimentary) management's

request for lowering noise goes ignored as Keith, currently locked in his room with an Eastern European model and a clip of himself on Sports Center's top 10 plays for that Tuesday, continues his rampage. For fifteen hours the two watch the diving-grab-turned-triple-play on repeat while consuming enough cocaine to kill an average user; however, it is apparent that both are professionals and have little fear of an overdose. At four A.M. Keith calls Mom, his throat weak from screaming, his nose crusted with dried blood. He does not talk about her health, his childhood. He does not call her mother, but Stephen, and he demands a large pepperoni pizza. Though Lauren begs for him to calm down and talk, he continues yelling, ordering breadsticks and ranch dressing. When he hangs up, Mom calls me in tears, like she does every time, and despite the constant assurance of my love, she still sobs because I am never enough.

"Marty" Bergen (b. October 25, 1871 – d. January 19, 1900) played 344 games as a catcher for the Boston Beaneaters. Prior to his murder-suicide, "Marty" was known for his quick throwing arm and overwhelming paranoia. Base runners feared him and he feared everyone's role in his suspected eventual murder. Once removed from a game for dodging pitches, hallucinating them as knife thrusts, he refused medicine, believing that another player had tampered with it. After the investigation, it was concluded that "Marty" used an axe to kill his wife, son, and daughter before nearly decapitating himself with a straight razor.

The digestive system (human gastronomical tract) is responsible for the adverse effects of antifreeze consumption. Shortly after ingestion, the victim will appear disorientated as though he or she is intoxicated. Chances of stomach pain, nausea, and vomiting

increase as the fluid is broken down. As the antifreeze is metabolized and absorbed, it begins affecting different portions of the body, causing an increase in heart rate, blood pressure, breathing, and muscle reflexes, often resulting in congestive heart failure. Within twenty-four hours the brain and kidneys stop working. Urine is no longer produced and the victim falls into a coma. If treated immediately, recovery is possible, though survivors suffer permanent internal damage. Four teaspoons can kill a dog, one ounce is potentially lethal to an adult, and while Keith travels to Kansas City, five ounces will be ready in his Gatorade for his return.

Charles Sylvester "Chick" Stahl (b. January 10, 1873 – d. March 28, 1907) won the first World Series and four pennants in seven seasons. Already a star player and flush with love affairs across the country, his luck continued when he was promoted to manager. With expectations high, "Chick" began the 1907 season by drinking four ounces of carbolic acid. Known for his sunny disposition, the suicide was made even more mysterious by his suicide note: "Boys, I just couldn't help it. It drove me to it." Perhaps "it" refers to the team's poor play, the pressure for improvement, or Chick's being blackmailed for impregnating a woman out of wedlock.

Keith's trainer (brown belt in taekwondo, eight years steroid use) has created a special routine that focuses on the abs. With an upcoming west coast trip, Keith wants to look good. Real good, he orders. He does crunches, hundreds of them, for hours. The spare key to his suburban mansion is to be used only for feeding his pit bulls and, today, murder. Upon returning home, Keith does not notice anything other than his reflection in the stainless

steel refrigerator. He strips down and likes what he sees. His pecs, tattoos, and, of course, his abs, still glistening with post-workout dew. The admiration is paused briefly as he grabs the Gatorade, a picture of himself mid-swing running up the side. In eight gulps, he finishes the bottle and returns to flexing at the appliance. In the shower, he lets the hot water splash against his shoulders, lets it flow down his firm body as he rests his head against the wall. He reaches for the soap but falters, ripping the vinyl curtain from the rings as he falls. Damp and disoriented, he stumbles to the mirror, and though he tries to wipe away the condensation, he is unable to focus, to see himself. After a few tries, he types the right number into his phone. The person on the other end informs the star athlete that intensive exercise often causes feelings of intoxication and grogginess, and, according to medical professionals, the best solution is to relax and let the feelings rush over him. Through slurred words, Keith agrees, believing that things will be better tomorrow as he lies down on the cool marble tiles.